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Carmel Valley Sun

September 1982



Fans Await Pro Rodeo

Rodeo fans have been anxiously awaiting the weekend of October 2-3 when the first Annual Carmel Valley Rodeo will be held at the Carmel Valley Trail and Saddle Club on Garzas Road.

The two day event sponsored by the Carmel Valley Rodeo Association Inc. and Motorsports Ltd. will feature professional and amateur competition, and other festivities.

Kicking off the events will be the Queen contestants personality and appearance competition on September 30 at Hidden Valley Music Seminars. (For Contestant preview see "Out Our Way" section, page 8.)

Amateur competition begins at 8 a.m. on Saturday with Team Penning. Mock Calf Branding will begin at 1 p.m. A noontime interlude between the two events will present the Queen Contestants in their Horsemanship trials. A $2.75 pancake breakfast for morning spectators will be available from 7-10 a.m. on Saturday only.

The first day's activities run into the evening with a barbecue and dance scheduled from 6-10 p.m. The Coast Ridge Boys will provide the music.

The professional rodeo begins at noon on Sunday, October 3. Opening ceremonies will announce the finalists for the First Carmel Valley Rodeo Queen title. Events following the Queen's crowning include Bareback Bronc Riding, Bull Riding, Calf Roping, Team Roping, Saddle Bronc Riding, Steer Wrestling and Barrell Racing. Each pro event offers a $600 purse and is sanctioned by the Professional Rodeo Cowboys Association.

Prizes were acquired through various sponsors. Professional Rodeo Event sponsors include Carmel Valley's Wills Fargo Restaurant, Rob and Hillary Marble, Murphy's Lumber, The Summerhouse Restaurant and Plaza Linda Restaurant. Two other sponsors are Jerome and Mary Maiso and the Monterey Police Officers Association.

Sponsors for the amateur events are Rancho Chippings, Sam Jurey, Kenny Ramoni and Rob and Hillary Marble.

Tickets are $7.00 in advance and $7.50 at the gates. One ticket is good for both days. Valley locations for advance tickets are the Jean Barn, Will's Fargo, The Farm Center, Mid-Valley Safeway and Hudson & Co. in the Barnyard. Other ticket outlets are Montgrov in Pacific Grove, The Salinas Western Store, Fort Ord Shoe Repair, also Sporting Grad and Redi Western in King City.

As memorabilia the Rodeo committee has the rodeo logo and First Annual Carmel Valley Rodeo printed on a limited number of hats, visors, T-shirts and bumper stickers. The items will be available at various stores throughout the Valley and will also be available at a concession stand on the Rodeo grounds. Food and beer concessions will also be available.

Proceeds from the entire rodeo will be divided among several non-profit organizations. Funds will be set aside to prepare for the second Annual Carmel Valley Rodeo.

Regional Park District To Celebrate 10th Anniversary

Monterey Peninsula Regional Park District will hold a 10th Anniversary celebration at Garland Ranch Regional Park on Saturday, October 16 from 3-4 p.m.

Preceding the celebration will be a lively two hour hike. Hikers will leave the visitors center at 1 p.m. and return by 3 p.m. for the festivities.

Founders, past directors, friends and supporters are invited to celebrate the formation and accomplishments of the District.

The celebration is being sponsored by "Friends of the Monterey Peninsula Regional Park District." The "Friends" support group recently formed to encourage and assist the District in pursuing its primary goal of acquiring land for open space and parks. The park District was formed in Nov. 1972 by Peninsula wide voter approval.

Among the acres acquired or financially assisted by the district since its formation are 3,047 acres throughout Carmel Valley. That total includes the 2400 acre Garland Ranch Regional Park. The most recent acquisitions are the Carmel Valley Community Park on Ford Road. The 2.3 mile Southern Pacific right-of-way from Monterey Depot to Lovers Point in Pacific Grove is another current District project.

Those desiring to assist the District in its goal will find "Friends" membership forms available at the party. Charter memberships are still available. Annual dues are $5. A newsletter is provided to inform members of the District's projects and future activities. Activities will include an annual trail day at one of the District's parks or open space areas, dedications, picnics, and hikes in various parks. Open spaces and parks are also located in the Carmel Highlands, Pacific Grove, Del Rey Oaks, Marina and Monterey/Salinas.

A steering committee has been formed to represent various parts of the District. Its members are Ed Callahan, Richard Dalsemer, Jerry Forte, Merrill Jones, Barbara Lysle and Arnold Manor. The committee's liason to the MPRPD is Director Rudd Crawford.

Youth Center Receives Crosby Grant

A grant to the Carmel Valley Community Youth Center was authorized by the Bing Crosby Youth Fund Board of Trustees on August 24.

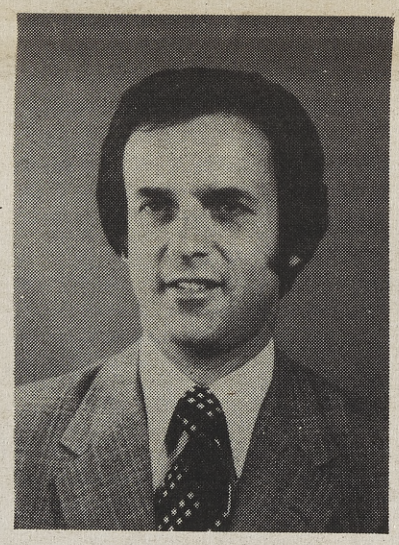
The $2000 grant was made especially for the pool lighting system which was replaced shortly before the swim season started.

Over $40,000 went into the entire pool renovations. The repairs were necessary to avoid closing the pool. Funds were diverted from other improvement commitments made by the Center's Board of Directors.

The deadline for the next issue is Oct. 15
The next issue will be distributed Nov. 1.

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The Carmel Valley Sun
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Bloodmobile To Call On Valley

Carmel Valley Community Chapel will host the Red Cross Bloodmobile from 3-6:30 p.m. October 7.

Men and women between 17 and 66 in good health can offer themselves as donors. No appointment is necessary. Questions may be directed to Bloodmobile volunteer Marjorie McKieron.

Tables manned by the Firemen's Auxiliary and other volunteers will be set up on October 1, 2 and 4 to recruit new donors. New residents and people who have not previously been donors are encouraged to sign up at the tables. The tables will be located at Carmel Valley Market, Kaseys and the Village Market. Preregistration is not required to be a donor.

Valley volunteers are also needed to man the Bloodmobile. In the past it has been manned by Carmel Red Cross Volunteers.

Prior Bloodmobiles have been responded to by 100-140 residents.

Women's Network Sponsors Workshop

The Professional Women's Network of the Monterey Peninsula will sponsor a day long workshop conducted by Pat Poggi of Monterey on assertiveness training. The Workshops will take place on Saturday, October 16, 1982, in the Club Room at the Carmel Valley Golf and Country Club (Quail Lodge). Reservations are necessary and may be made through the Professional Women's Network (659-3933).

Pat Poggi is a licensed Marriage, Family and Child counselor. She has specialized in human sexuality, couples' communication, and assertiveness training. Ms. Poggi received her M.A. degree from Goddard College, and trained as a sex educator and therapist at the Human Sexuality Program, University of California Medical Center, San Francisco.

Since 1975, she has given assertiveness training courses at Monterey Peninsula College and at the Naval Postgraduate School. She also has conducted numerous workshops throughout the Monterey Peninsula and the Salinas Valley.

Ms. Poggi is married and has four grown children. In addition to her educational work, she maintains a private counseling practice.

The Assertiveness Training Workshop is the first in a series of workshops to be sponsored by the Professional Women's Network. The attendance at Ms. Poggi's workshop, and at all future workshops, will be limited; therefore, Network personnel urge early reservations.

Small Business Survival Workshops Offered

Small business persons can enjoy a day of informasecond Conference On Small Business Survival Sept. 30, 8:30 a.m. to 4:30 p.m. at the Monterey Conference Center. Individuals will have the chance to talk to experts in the areas of small business financing, technical advice and assistance, crime prevention and enhancing tourist appeal.

Workshops include an overview of financial assistance available through the Federal Small Business Administration, Minority Business Development Agency, State Office of Small Business Development and California Regional Urban Development Corporation.

Representatives of private security firms and the Attorney General's Crime Prevention Unit will discuss how to avoid bad checks and shoplifters.

Representatives from SCORE, the Department of Economics and Business Development, the Small Business Administration and others will discuss the effective utilization of consulting services as well as other sources of technical assistance.

Featured guest speaker for the event is Walter J. Hass, Executive Vice President of the Oakland A's baseball team. He will give insights into the business world of major league sports.

Assemblyman Sam Farr is joined by the City of Monterey and the Chambers of Commerce in his district in presenting the conference. The $20.00 conference fee includes lunch.

Further information is available through Santa Cruz Area Chamber of Commerce, P.O. Box 291, Santa Cruz, CA 95061, or by calling 646-1982.

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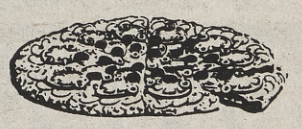
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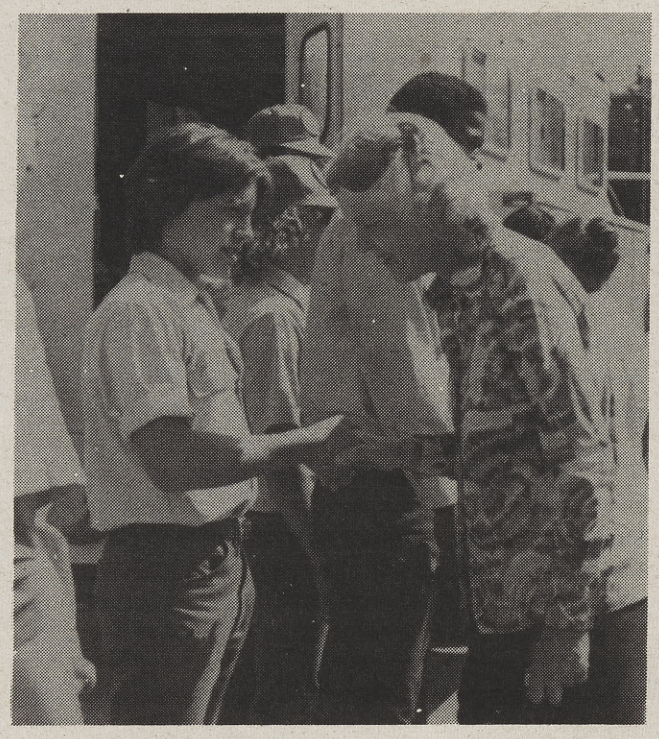
Community Efforts Secured Food and Housing for CCC

A small group of Valley residents were on hand to greet the workers when the California Conservation Corp. (CCC) arrived at Carmelo School on September 13.

Carmelo will be the lodging site of the twelve CCC representatives until mid-October. The workers are here to clear the river of fallen trees and debris that would eventually divert the river and cause more erosion. Carmel River Watch (CREW) requested assistance from the CCC when funds to clean-up the river bed could not be found locally.

CREW was responsible for feeding and housing the young men and women. Originally the workers were to be housed by Valley residents who would also provide meals. Homes were ready and awaiting the guests. Revised instructions from CCC officials, which required the group be housed together, came shortly before the scheduled arrival. The housing shuffle caused no delays because the Carmel Unified School District approved CREW's harried request to house the workers at Carmelo. It was their contribution to the clean-up effort.

With housing secured CREW went on to arrange for meals. It was estimated feeding the workers would run over $2000. One of the daily meals has been provided by the Monterey Peninsula College Gourmet Cooking Class. The Carmel Valley Property Owners Association provided funds by contributing $500 for food. The Monterey Peninsula Water Management District Board added an additional $1000 to food funds. Residents have also done their share by hosting barbecues for the workers.



Novella Nicholson (r) greets one of the CCC members when they arrived.

Commenting on the arrangements to feed and house the workers CREW president Darby Worth, said, "Luck was on our side so I guess it was meant to be." She added a public thank you to the residents who had been ready to take the workers into their homes.

River Hikes Scheduled

Residents can still participate in River Walks sponsored by Carmel River Watch (CREW).

CREW members will gather at 9:00 a.m. October 10 at the Boronda Bridge and walk the river bed to the Robles Bridge. The walk will go from the San Carlos Bridge to Valley Greens on October 24.

A shuttle is provided (see Calendar) for cars being left at the walks end.

Those interested in joining the hikes should take a snack and wear heavy duty shoes.

For more information call 624-7494.

Asilomar Chosen For Symposium On Alcoholism

"Friends of Lackey's" will present Second Annual Shifting Gears Seminar, December 10-12 at the Asilomar Conference Center in Pacific Grove.

Reservations are limited. A $25 deposit is required by October 10 to assure a place. For the seminar only the fee is $50. If loding and meals are desired the fee is $125.

Symposium workshops will explore the medical and nutritional aspects pertaining to the continuing recovery from the disease of alcoholism. Group therapy sessions will be utilized to alleviate pressures and complications surrounding continuing recovery from alcoholism.

Staff and Counselors for the symposium will be representatives from San Francisco, Salinas, Carmel, Carmel Valley and San Mateo Alcoholism Units.

Call 624-4995 for more information.

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Kupper Introduced to Valley Residents

A small gathering of Valley residents were invited to meet Kurt Kupper, candidate for 29th Assembly District.

The gathering hosted by Rosemary and Howard Matson was an opportunity for Kupper to familiarize himself with the Valley. Since Carmel Valley was reapportioned to the 29th District Kupper, who is from San Luis Obispo County, has to acquaint himself with the area.

The District reapportionment was adopted in 1981 as a result of the 1980 census. They took effect on January 1, 1982. Area covered by the district includes all of San Luis Obispo County and a small northern tip of Santa Barbara. Boundries of Monterey County in the District borders the Salinas Valley midway between Greenfield and King City then veers west to the coastal mountain range. Toro Park, San Benancio Canyon, Carmel Valley, and Fort Ord fall within the District. Carmel and the City of Monterey are skirted by the boundaries and fall into the 28th District.

Kupper is campaigning against Eric Seastrand.

New Appointment to Chamber Board

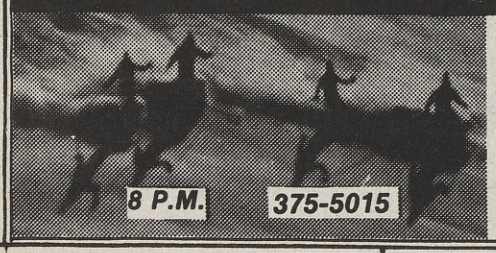
A vacancy on the Carmel Valley Chamber of Commerce Board of Directors has been filled by Lee Mink of Fouratt Realty.

The vacancy occurred when board member Nancy Strathmeyer passed away.

Mink has been a member of the Chamber of Commerce since 1980.

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Organ Transplant Bank Establishes Permanent Information Center in Carmel Valley

Lynn Bohart, communications director for the Northern California Transplant Bank, announced Thursday (9/2/82) that Peninsula residents can now obtain information locally on donating or receiving organ transplants.

Bohart spoke along with several other members of the transplant bank and local volunteers at two meetings on the Peninsula. A presentation was made to the medical community, law enforcement officers, representatives from the coroner's office and to local morticians who assembled at the Community Hospital of the Monterey Peninsula. The keynote speaker was Dr. Thomas E. Moore, Jr. who is the Associate Medical Director of the Lions Eye Bank. He spoke on tissue banking and corneal transplantation.

Also on the program with Dr. Moore was Diana K. Johnson, Program Director for the Northern California Transplant Bank. She discussed the broad scope of the bank. It is the largest multi-tissue bank in the nation and accepts 11 different tissues and organs from donors. They can accept bone, cartilage, dura mater covering the brain, fascia lata covering the muscles, the middle ear bones, the eye cornea and sclera, heart, lungs, kidneys and pituitary glands.

In making the donations, it was emphasized that there is no disfigurement to the deceased's body. Any type of funeral arrangements can be made after the organ removal. It was also emphasized that donations cannot be put in a will. It is never read or probated soon enough after death to preserve the organs properly. The donor should have a Uniform Anatomical Gift Act pink card filled out prior to death. This is available locally from Dr. Richard A. Lundquist at the Dental Health Center, 27890 Dorris Drive, Carmel, or from the Department of Motor Vehicles. In an emergency, the next-of-kin may even phone the transplant bank and give a recorded permit by phone.

Dr. Moore pleaded for people to become more aware of the need for organ transplants. "The need is tremendous," he said. "We have a never ending waiting list for all organs. Often it takes months before we can help a potential recipient because there are not enough organs available. We have to import organs from as far away as Baltimore just to help fill the needs of Northern California. We are now using 600 eyes per year, 300 middle ears, and over 1000 bone transplants, just to give you an idea of the needs."

In an afternoon presentation to the residents of Hacienda Carmel, they were joined by two transplant recipients and a member of a donor family. Betty Wheaton of Carmel Valley told of a life of increasing eye problems. She was diagnosed as having keratoconus and catarachs, both destroying the corneal lens of her eyes. She eventually had to give up driving. Everything became out of focus, even with increasingly strong glasses. Reading was impossible. Headaches became the rule. Mrs. Wheaton has to literally follow in her husband's footsteps, placing her hands on his shoulders and following behind him as he guided her every footstep.

In October, 1981, her local ophthamologist referred her to Dr. Moore in San Francisco. By January 12th of this year, the transplant bank had obtained a cornea for her and the operation was performed. Three days later, this spunky senior citizen was back in Carmel Valley, able to see again.

Transplants of organs are every bit as appreciated for younger people. Dierdre Moore, 33, of Pacific Grove told the audience of her 20 year ordeal of painful cauterization of her cornea as the doctors tried to control her herpes simplex. As a child she spent much time with a black eyepatch on. Each attack of the herpes got worse.

By the time she was 25, her worst fears came true. A massive attack of herpes made her vision in one eye like "looking through wax paper." And then there was the prospect of more cauterization. She was referred to Dr. Moore who said that her cornea was totally shredded and they were unable to do more cauterization. She was immediately scheduled for a corneal transplant. That was 1974. Dierdre now has 20/20 vision, thanks to some nameless donor who wanted to give a lasting gift to another human being.

The question was raised by the audience at Hacienda about the donor. Dr. Richard A. Lundquist, a Carmel dentist, told the audience that his father had a massive stroke and was on the verge of dying. His father had filled out the pink donor card that legally established his desire to donate his organs to needy recipients. However, there was no one to receive the donation.

His family physician did not know the procedures for the donations or who to contact. Dr. Lundquist began trying to make contact himself. He tried the local hospitals, the Red Cross, other physicians he knew and eventually, even the local police. He drew a blank.

Less than 24 hours before his father died, desperation set in. Since the Department of Motor Vehicles issues the Uniform Donor cards, Dr. Lundquist tried the Highway Patrol. He was switched to Sacramento where he talked with an operator. She knew about the pink cards, but did not know who to call or who to refer him to for help. Fortunately the operator had a friend in the office with her who had a pink card with her. There was a phone number.

Dr. Lundquist called the number. It was disconnected with no referral. He talked with the switchboard operator and then her supervisor. From that came the San Francisco phone number, the Pacific Medical Center. The Northern California Transplant Bank is operated by the Pacific Medical Center at Presbyterian Hospital. From that, Diana Johnson, the Program Director, was able to coordinate the donation.

When death occurred a few hours later, Johnson had a transplant team of surgeons ready to drive to Monterey. They did the surgery within four hours after death at the local mortuary. It is very critical that the surgery take place immediately because some of the organs become unusable within four to six hours.

Several months later the bank sent a letter to Dr. Lundquist and his mother than, thanks to his father, a lady in San Diego was now able to see again. She had received his corneas. His middle ear bones are awaiting a compatable recipient and his pituitary gland has been processed for pituitary growth hormone.

Ironically, Dr. Lundquist's son, the grandson of the donor, has an endocrine dysfunction and must take pituitary growth hormone injections regularly. "This must be the ultimate in recycling," according to Dr. Lundquist.

Because of this experience, Dr. Lundquist has donated his offices in Carmel and Salinas as a permanent information center on organ transplants. Persons interested in donor cards or non-technical information can come to either Dental Health Center. The Carmel office is located next to the Mid-Valley Shopping Center in the Mid-Valley Office Park, 27890 Dorris Drive. The phone is 625-0417. For technical information, people can call the NCTB at (415) 563-4321 or for 24-hour emergency, (415) 922-3100.

TRANSPLANT SIDEBAR

A Type Of Immortality

Betty Wheaton, a corneal transplant recipient said it most elegantly. "I feel that another human being has made a gift to me. That gift is mine to use, but now I have a responsibility to that person to use the gift wisely and for the benefit of our fellow man. It has influenced decisions I have made. Many will benefit from this gift. For me, beauty is in the eyes of the bestower."

Dierdre Moore said that she always has wanted to know more about the person who gave her the gift of sight, who gave her relief from the constantly recurring cauterization of her eye used to stop the herpes virus. She said that she feels her "tires have been retreaded" and that she now has many more good miles left in her. It has also stopped the severe depression that had marked her life for 20 years.

Carl Lundquist's life was marked by helping young people grow and develop a fuller life. He was a school teacher and involved in high school athletics. When he developed heart trouble he decided that organ donations would be a good way to continue to help other people continue to lead full and productive lives that they might not otherwise be able to. As he got older this desire to help others intensified as did his feeling that he might be able to achieve a little bit of immortality by donating his organs to others.

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Members of the QUARTETTO BEETHOVEN DI ROMA include (l to r) Carlo Bruno, pianist—Enzo Altobelli, Cellist—Felix Ayo, Violinist and Alfonso Ghedin, Cellist.

Quartetto Beethoven Di Roma — Friday, October 8th

The Chamber Music Society of The Monterey Peninsula will present the QUARTETTO BEETHOVEN DI ROMA, a piano quartet, at Sunset Auditorium, San Carlos & 9th, Carmel, Friday evening, October 8th, at 8:00 p.m.

The program will be: MOZART'S Quartet in E-flat Major, K.493; MAHLER'S Quartettsatz; and FAURE'S Quartet in C Minor, Op. 15.

Violinist **Felix Ayo,** violist **Alfonso Ghedin,** cellist **Enzo Altobelli,** and pianist **Carlo Bruno** are all professors at the Conservatory of Santa Cecilia in Rome. Each string player was a soloist of the celebrated I **Musici.**

Formed during the Beethoven Bi-Centenary in 1970, the Quartetto has toured sucessfully around the world, playing in Europe, the Americas, and the Far East. They have recorded for EMI-Angel, Toshiba, and Everest/Cetra Records.

"A flawless ensemble—exquisitely in tune, tempos steady and always finely balanced," says the Nashville **Banner.**" The ensemble surely belongs in the front rank of chamber music playing." A review from a concert in Montreal reads, "An ensemble combining virtuostic technique and poetic delivery . . . a great warmth that permeated every phase."

Tickets will be available at the door at $7.00 and season tickets will be sold during the intermission.

For further information, call: 624-8261, Ext. 430.

Bennetts Discusses Appointment To Lackeys

"Long term alcoholics have very severe medical problems," informed Dr. John Bennetts, newly appointed Medical Director of Lackey's.

Lackey's is a free standing alcoholic recovery unit located at 24945 Valley Way near Carmel. Patients enter a 28-day intensive educational residential treatment program that offers expert medical attention, detoxification, complete appraisal and counseling. Counseling is also available for those not interested in the 4-week program. None of the programs are funded. Fees are based on services provided.

Dr. Bennetts gives new patients a complete physical during their orientation to the facilities. Working with a round the clock staff of RNs, he deals with the patients medical needs. He says, in general, alcoholics have very poor health care habits. Alcohol, a degenerative disease, affects all organs in the body and can be severely disabling at times. His portion of the treatment includes making patients aware of what affect the disease has on their bodies. A counseling staff is provided to deal with the psychological affects of alcohol.

"The counseling unit is excellent," adds Dr. Bennetts. "After the therapy is completed there is a continued recovery plan to keep the disease under control. Patients have a good chance of success because they are not just let go."

A desire to do something beneficial for the community prompted Dr. Bennetts to accept the position when offered by Ivan Lackey, founder of Lackey's. Lackey is the director and major stockholder of the recovery facility and is a trained alcoholism psycho therapist.

To help others combat the disease Lackey decided to devote his life to the field after successfully resolving his own problems with alcoholism. He is author of "Who Am I?" Asks the Alcoholic, which is in its eighth printing.

More information on Lackey's can be obtained by calling 624-4995 or by stopping by the facilities.

Senior Citizens Invited To Alliance On Aging Meeting

Senior citizens are invited to join the Alliance On Aging meetings held every Friday at the Masonic Temple in Pacific Grove.

The Alliance is a non-funded support group and educational program for peninsula senior citizens. Meetings begin at 11:20 a.m. and offer a sing-a-long, guest speakers and provide lunch. The lunch fee is $1.50.

All the meetings are run by volunteers and operate through donations and the lunch fee. There are usually 100-140 people at the meetings often of varying age groups, informed Alliance volunteer Novella Nicholson. No reservations are required.

Scheduled speakers for October include Edwin Lee of the Monterey Peninsula Water Management District Board who will give an update on the Carmel River on October 1. Early Days in Carmel will be discussed October 8 by columnist Frank Lloyd. Former Carmel City Councilman Howard Brunn will discuss Carmel political history and some problems of today on October 15. Dr. Reubin Johnson, Professor Emeritus of Monterey Peninsula College, will offer October 22 guests an overview of the Russian Period in Alaskan History and present day scenes. The October 29 speaker will be Professor Maurice Weir, Associate Professor of Math at the Naval Post Graduate School. He will discuss "Global Survival".

The Alliance on Aging also has a Nutrition and Senior Aides program.

To Be On Time

"Good news, dear," called the husband as he came into the house, "I picked up two tickets for the theatre on the way home from work."

"Oh, that's wonderful," said the wife, "I'll start dressing right away."

"That's a good idea," he said. "The tickets are for tomorrow night."

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Early Autumn Celebrated by Card Club

Members of the St. Dunstan's Bridge and Canasta Benefit Card Club enjoyed an early autumn at their August 18 gathering.

Hostess Kathryn Walker along with co-hostesses Nellie Mirani and Frances Anthony decorated the Bridge and Canasta tables with the "Yellows of Autumn."

Table prize winners received boxes of perfume which matched the theme color which was carried throughout the place mats, napkins and tallies.

This month's winners were Martha Huff and Irene Sulfridge, placing first and second in Bridge, Wyn Ell and Joy Overman were top canasta winners. Additional Bridge high scorers were Bernice Leoni, Mary Young and Catherine Harriman. Barbara Anastasia and Mary Walls were in the top scores at the Canasta tables.

Joining the group for the first time was Kathryn Friericks.

Silent Auction Planned By Women's Club

It's time again for the Carmel Valley Women's Club annual Silent Auction 11:30 a.m. October 6.

Gathered at the Community Church of the Monterey Peninsula will be a selection of hand made and home baked "goodies," and white elephants.

Proceeds will be distributed to civic and educational projects sponsored by the club.

Guests are welcome but early reservations are required. Call 659-4276 for more information.

Guild To Host Costa Rican Missionary

Guest speaker Melre Lisso will relate her experiences to the Carmel Valley Community Chapel Women's Guild on October 13, 12 noon at the Chapel.

Lisso has an extensive background in working with needy children while serving as a Missionary in Costa Rica. The talk will be followed by a pot luck luncheon.

Residents interested in attending can call 659-4276 for more details.

Specialist To Speak At Native Plant Society Meeting

The Carmel River will be discussed by a specialist on riparian vegetation at the Carmel Valley California Native Plant Society meeting October 19, 7:30 p.m. at Carmel High School.

Richard Warner, Director of U.C. Davis Field Studies Center offered his expertise for the meeting. Warner will be given a tour of healthy and damaged sections of the river the afternoon before the meeting.

The meeting is open to the public.

New Parent Club Board

There will be more than one leader at the head of the Tularcitos Parent Club Board for the upcoming year.

Jointly sharing the presidents position will be Pat and Fred Herro.

Other Board members include Kate Rosenthal - vice president, Barry Rowley - treasurer, and Jaime Gordon - secretary.

Funds for equipment, field trips and assemblies are generated by the Parent Club. Those activities suffered during budget cutbacks.

Meetings are 7:30 p.m., the third Thursday of each month at Tularcitos.

Please let our advertisers know if you saw their ad in this publication

Carmel Rancho Lions To Sponsor White Cane Days

Small plastic white canes associated with the Lions Club's program for the blind will be distributed by the Carmel Valley Rancho Lions Club during their annual White Cane Days October 1-2.

White Cane Chairman Frank Catalano indicated club members would be located at the mouth of the Valley by Monte Mart, Rio Road Shopping Center and the Barnyard. Mid-Valley's Safeway is also in the selected sites.

The purpose of the canes are to bring public awareness and generate funds for the Blind and Visually Impaired Center in Pacific Grove and the Eye Foundation in San Francisco. Many children and adults have been treated free of charge at the Center. A recommendation from one of the 57 clubs in the Mountain View to King City district is the only prerequisite.

Funds also provide for guide dog training, eyeglasses for the needy, Braille writers and tapes for the blind and provide special deaf referral equipment.

Any size donation will be appreciated by the club and is tax deductible.

White Cane Days started in 1952. Over ten million dollars has been collected by the annual project.

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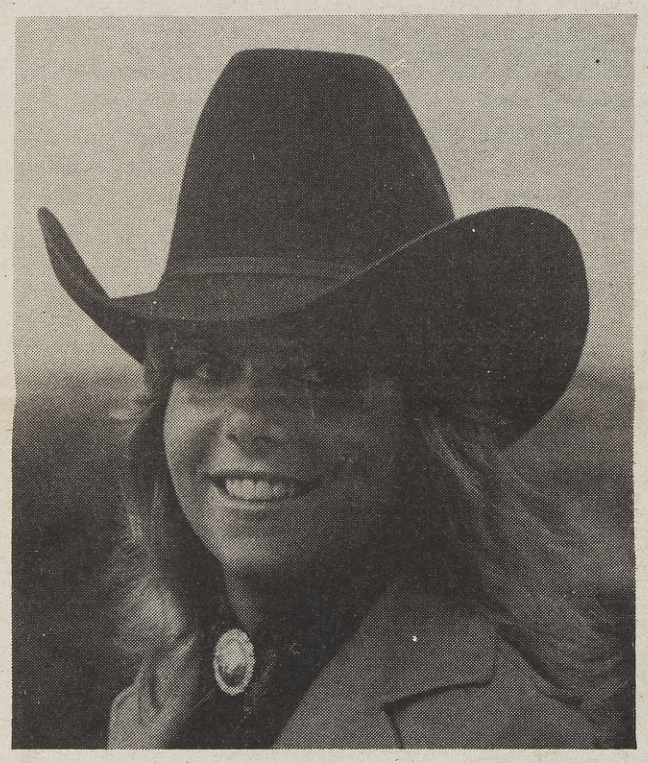
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County Cowgirls Compete For Carmel Valley Rodeo Queen Title



Nicki Backeberg of Carmel Valley



Kelly Koopmans of Carmel Valley



Wendy Stoeberl of Salinas

Seven cowgirls from throughout Monterey County will converge on Carmel Valley during Rodeo week to compete for the title of the first Carmel Valley Rodeo Queen. Coming from Salinas, Greenfield, and Carmel Valley, the girls will compete in horsemanship, personality and appearance, and ticket sales for the 1982 title.

The winner will take home a $300.00 Scholarship donated by Homer Hayward and P.E. O'Hair & Company, a $500.00 silver trophy belt buckle donated by Haff's Homes & Acreage, a Rhinestone Queen's Crown donated by Woolly Goldfields and other awards.

The personality and appearance phase of the competition will be held Thursday evening at 8:00 P.M. at Hidden Valley Music Seminars in Carmel Valley. This phase of the contest is open to the public free of charge. The horsemanship phase of the contest will be held on Saturday at 12:00 P.M. at the Carmel Valley Trail & Saddle Club and it is also open to the public.

The winner will be announced during opening ceremonies of the first annual Carmel Valley Rodeo to be held at the Carmel Valley Trail and Saddle Club October 3.

Competing for the rodeo queen title this year are:

NICKI BACKEBERG, Carmel Valley: An 18 year old freshman at Hartnell College, Nicki has been active in showing horses, has had various 4H and FFA porjects, and hopes someday to be able to manage a working cattle ranch. She is the daughter of Richard and Nancy Backeberg.

LORNA KENNEDY Salinas: A 20 year old sophomore at Hartnell College, born in Alberta Canada, Lorna claims that "Horseshows are addictive and she's hooked!" Lorna is pursuing a career in nursing perhaps with thoughts of working with her father, Dr. Garfield Kennedy.

KELLY KOOPMANS, Carmel Valley: A 1982 graduate of Carmel High School, 18 year old Kelly has shown horses in both English and Western competition. Also an avid snow skier, she hopes to pursue a career in Animal Science. She is the daughter of Curt and Lynn Spradley.

JAMIE LIVINGSTON, Salinas: 17 year old Jamie shows and trains Arabians, Paints, and Quarter Horses. A teller at a Salinas bank, she is also attending Hartnell College where she is majoring in Engineering with hopes of someday being an engineer for an oil company. Her parents are Bob and Lynda Livingston.

SHELLY STACE, Greenfield: Accompanied by her friend of twelve years, her horse "Major Disaster," 20 year old Shelly is currently attending Cuesta College in San Luis Obispo. Together they compete in both rodeo and horseshow events. The daughter of John and Lois Stace, Shelly hopes to perceive her ambition as an agriculture instructor.

WENDY STOEBERL, Salinas: A 17 year old senior at Salinas High School, Wendy is active in both the High School Rodeo Association and the Future Farmers of America. A writer for her high school newspaper, she hopes to study agriculture journalism in college. She is the daughter of Al and Bonnie Stoeberl.

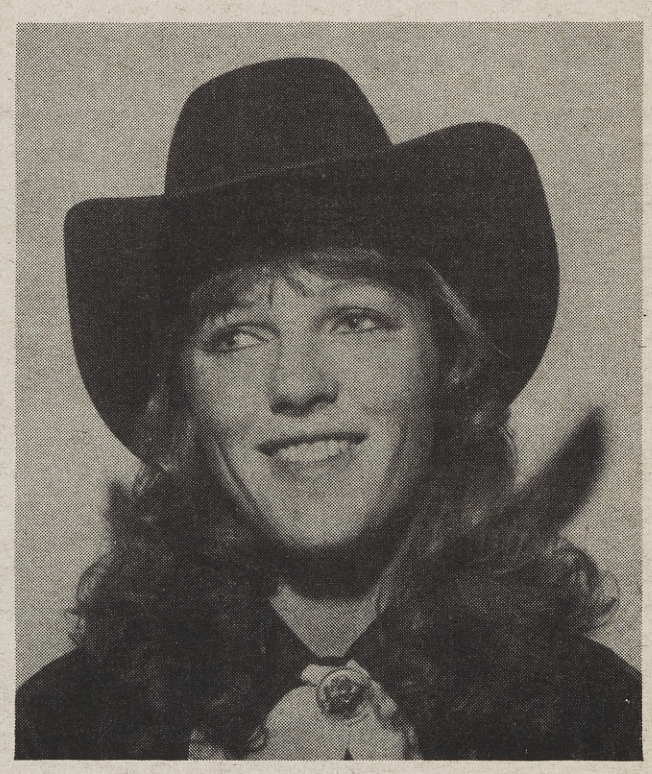
MISTY THURMAN, Salinas: Claiming to be "almost" 5 feet tall, 18 year old Misty admits that her parents, Bill and Sandy Thurman, had no idea what they were getting into when they traded a freezer for a sick little pony for her. It lead to faster horses, horse trailors, rodeos, entry fees, and most important, many challenging and happy memories. A freshman at Hartnell College, Misty feels that rodeo is a very technical and professional sport and would someday like to make a career of it.



Misty Thurman of Salinas



Lorna Kennedy of Salinas



Shelly Stace of Greenfield



Jamie Livingston of Salinas

Out Our Way

Golden Anniversary Celebrated At Lodge

Robles Del Rio Lodge held its 50th Anniversary celebration on September 18 and 19.

Festivities were patterned after the original grand opening in 1932. Residents were invited to join the Mexican Fiesta Gala which included use of the lodge facilities. A Mariachi band serenaded guests.

Originally the lodge was a private club and golf course

Plaza Linda Restaurant owners Dean and Josie Diaz will be celebrating the 19th Anniversary of the eatery on the October 2-3 weekend. Stop by and offer a hearty Happy Anniversary and maybe discover why they're still in business after 19 years.

Youth Center Plans Halloween Party

Witches and Goblins are invited to join the fun October 29, 2-4 p.m. When the Carmel Valley Community Youth Center will hold its annual Halloween Party.

The fun is geared for children in Kindergarten through fifth grade. Preschoolers are welcome if accompanied by an adult. There is no charge.

Games will be set up. Prizes will be awarded to all challengers. The children will have "Goodies" donated by individuals to snack on. (Donations would be appreciated.) A special feature is also in the plans.

For more information call 659-3222 or 659-2950.

Newborn Approved By Older Sister

Ali Michell Gonzalez weighed in at 9 lbs. 4 oz. when she arrived August 28, at the Santa Monica Hospital in Southern California.

While greeting the newborn, three year old sister Sara decided it would be okay for the family to keep the infant.

Ali's parents are Kim and Fred Gonzalez of Cachagua.

Old Fashioned Hobby Comes To Life

Valley kids are discovering the joy of an old time hobby with the help of Entrepeneur Don Jensen.

While rearranging his crafts supply and drafting business, located in the Talbott Building above Village House Hardware, Jensen discovered several faded blueprints. They were prints he used as a boy to build model planes. The planes sparked an interest in kids that dropped by to "check out" the shop. That's all it took.

Since them, Jensen redrew the plans and now has a small group of 8-12 year olds building model planes from scratch.

The work involved includes reading the blueprints. Jensen makes the kids do all the calculations helping only when necessary. They estimate the material, put it together and end up with working model. The planes have a 15"-20" wing span and are rubber band powered. All the supplies necessary to build the planes are in the shop.

"We used to time the flights and have contests when I was young," said Jensen, who enjoys working with the kids.

Most of the plans were fashioned after planes that pre date 1934. The kids not only learn drafting skills but a little history as well.

In the future Jensen hopes to generate interest in softwood carving.

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FREE ENTERPRISE ...

by Grace Darcy

Our favorite health food store, Carmel Valley Natural Foods, is up for sale, and owner-manager Susan Farrington tells your reporter that she is anxious to sell. Susan, who has been the genial proprietor of the store for the past eleven years, expressed the hope that some of her customers or other local people would buy the store. She is willing to negotiate. "There are all sorts of ways to buy it," she said. When the store is sold, Susan will embark upon a new career. She will bring the Women's Success Team back to the Monterey Peninsula, and will be involved in producing seminars for women as a part of the Team. How will she face the change? "The store has been a wonderful experience for me," Susan said, "but it has been eleven years, and I want a change."

Western Contract Furnishers in Valley Greens *Shopping Center is adding* about 1800 square feet to its already attractive showroom. They are distributors of Knob Creek Gallery furniture, and will carry other well known lines in the store.

Joe Caliva, designer and salesperson, said that the new space will be "an extension of our Gallery." The new area is in the loft of the present building, and will house not only beautiful furniture, but will feature a drapery room and a carpet room. The store also features attractive wallpaper designs for your decor.

Linda Ambrosio, manager of the Carmel Valley store, states that Western Contract Furnishers carries all of the major carpet lines: Walters, Bigelow, Armstrong, etc. The drapery room will also feature furniture fabrics as well as drapery fabrics, according to Ms. Ambrosio.

Western Contract Furnishers originally sold only to commercial buyers, but in the past twenty years, they have included residential buyers as well. Ms. Ambrosio said that most of their items are sold below retail prices, and invites the public to come and browse.

The company is based in San Francisco, and has showrooms in Concord, San Jose, and here in Carmel Valley. Do drop by and see the many attractive items in this warm and friendly store.

Mmmmm . . . smell the coffee! If you are in the Mid Valley Shopping Center, that delicious aroma **must** be coming from Hillside Coffee, newly opened to retail customers. Located behind the Dutch Mill Restaurant, Hillside Coffee offers a wide variety of exotic coffees to tickle your taste and please your palate. Coffee afficianados will enoy coffees from Ethiopia, Guatemala, Mexico and Indonesia.

Steve Schulman is the owner and sole proprietor of Hillside Coffee. He blends and roasts the various coffees until they are perfection. According to Store Manager Ann Wellborn, Steve is one of the finest "roasters" in the business. Hillside Coffee imports all of its coffee beans "green" from its various sources. It then falls on Steve Schulman to roast them and blend them so that various restaurants around the Peninsula find them appealling to their particular clientele. Paul Rogers, sales representative and official taster, will recommend a particular special blend to the restaurant owners.

"Any really good cup of coffee you drink in a restaurant is probably Hillside Coffee," suggests Ann.

Hillside Coffee's main office is in South Lake Tahoe, where the many fine restaurants there serve it to diners. The South Lake Tahoe operation is not a retail operation, however, but the Carmel Valley store is . . . so drop by and say hello to Ann, Steve and Paul, and buy a pound or a half pound of a special blend to your liking . . . and smell that aroma!

A Carmel Valley landmark, Hacienda Hay and Feed, Carmel Valley Road, will relocate, but hopefully will stay close to its present site. Robert "Bob" Zobel told your reporter that most people do not realize that the present business is "landbound" in its nursery. "We are growing about 4-5 million trees," he said, "and we have no where to grow. We need more acreage."

Bob is looking for at least twenty acres, and will either lease or rent some property. He would not reveal the precise site of the relocation because "contracts are not signed."

The seven acres upon which Hacienda Hay and Feed is now situated has been sold to Robert Brower of Carmel who will operate a Chateau Julien Winery there. The winery is expected to have an initial production capacity of 10,000 cases of wine per year. This is expected to reach 25,000 cases per year as the winery continues its business.

It is expected that some of the grapes to be used in the winery will be grown on part of the seven acre site; however, the bulk of the grapes will be purchased from other growers.

A use permit for the winery was approved on August 19 by Robert Slimmon, Monterey County Zoning Administrator. Chateau Julien will be the second major winery to be located in Carmel Valley, the other Vineyard being Durney Vineyards in the Cachagua area.

Bob Zobel has not set any date for the removal of Hacienda Hay and Feed from its present site. He believes it will take months, and that the transition will be a slow and easy one.

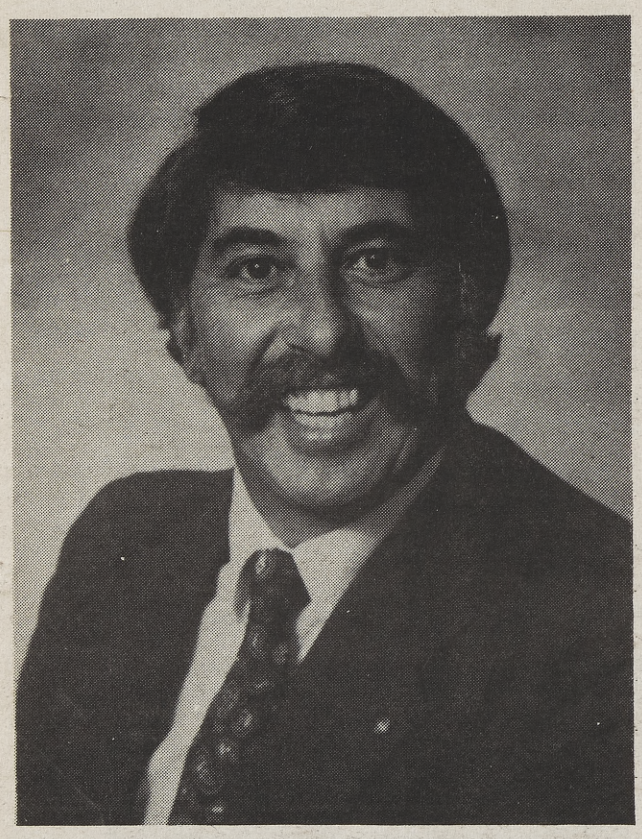
Chiropractor **Marvin Goldstein,** 6 Del Fino Place (The Allaire Building) now holds office hours from 9 to 5 on Mondays, Wednesday and Friday, and from 9 to Noon on Tuesdays and Thursdays. The genial doctor does rehabilitative therapy, including spinal cord injuries, along with regular chiropractic care. If you have an aching back . . . or neck . . . or anything . . . here is the man you should see.

Hannah Brehmer doing beautiful things at Carmel Valley Pottery, near the Farm Center . . . drop by and say "hello" and browse a bit.

The Ahoy There Gift Shop at 16 Carmel Valley Road (across from White Oak Plaza) features patchwork quilts, pillows, dolls, wind chimes, kitchen items, shams, etc. **Bonnie Lynch,** proprietor, will be happy to show you the many handcrafted items she has for you. The next time there's a birthday or anniversary, try Ahoy There first.

Winter's coming on, and the old fireplace or wood stove is going to need some fuel if you are to keep toasty warm this season. **Rod Kenyon** can help you meet your comfort needs. Look for his ad in THE paper (Carmel Valley Sun, of course) and give him a call.

If you are having a "happening" in your business, share it with us. We, in turn, will share it with others. Until next month . . . .



New Appointment For Belleci

Carmel Valley native Raz Belleci will be greeting customers from a new location.

Belleci has been appointed General Manager of Western Floor Brokers in Monterey's Alvardo Mall. He was previously Vice President of Miller Floors in Monterey.

Valley Executive To Be Listed In Who's Who

Dr. Bee Epstein of Carmel Valley has been notified that she will be listed in the 1983 Edition of **Who's Who of American Women.**

Dr. Epstein is the principal of Bee Epstein Associates, a Carmel management consulting firm, and is the founder and president of the highly respected Success Tours, Inc. She has published a number of articles on time management, and is recognized nationally for her innovative Executive Development Programs for professional women.

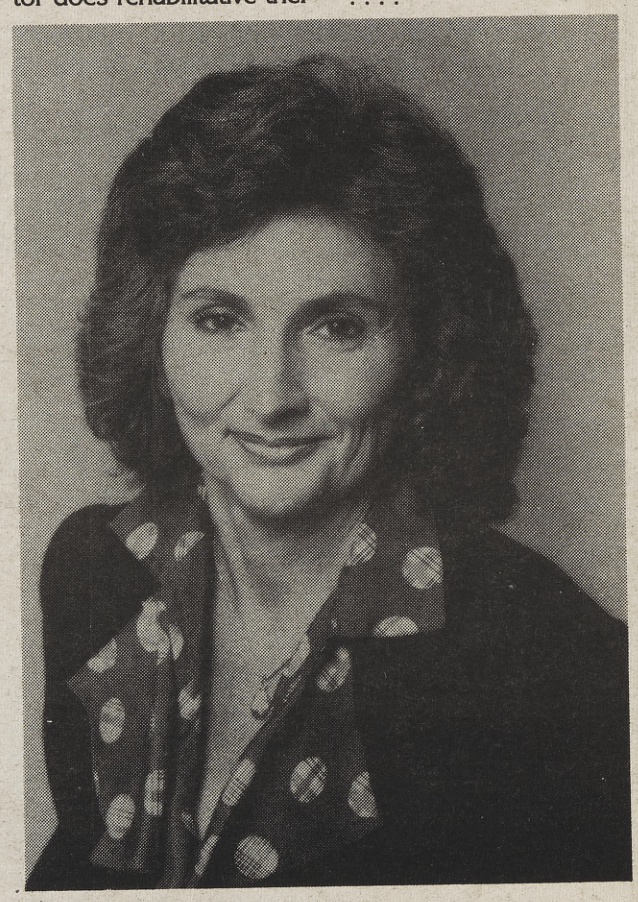
In addition to teaching Business courses at Monterey Peninsula College, Dr. Epstein conducts management seminars for business and industry as well as for educational and health care institutions.

In early September, she will travel to Juneau, Alaska and, in October, to Fairbanks and Anchorage, where she will conduct seminars sponsored by the University of Alaska.

Dr. Epstein is a member of the National Speakers Association, a member/director of the Monterey Professional Speakers, a group that provides speakers for local conferences, and is a member of the Monterey Peninsula Chamber of Commerce.

Dr. Epstein will speak at the 1982 **Ms.Bs. Conference** at the San Jose Conference Center, September 17-19, 1982. Over 10,000 business and professional women are expected to attend this important regional meeting.

Dr. Epstein resides in Carmel Valley with her three children.



Bee Epstein will be among the women listed in the 1983 *Who's Who in American Women.*

Gary Bogue's Wildlife

"Give me a condor's quill. Give me Vesuvius' crater for an inkstand! To produce a mighty book, you must choose a mighty theme."

—Herman Melville

Dear Gary,

Why harass the poor condors?

Why not let them pass out of our troubled times in peace and with dignity—and spend all that money helping poor salmon to survive?

We still have the great albatross'es over our oceans and there are other condors where they still have the space, and the wherewith to live as they need to.

"Old Timer", Pacific Grove

Dear Oldie but Goodie,

This is probably one of the most difficult questions I've ever had to answer, because I have often posed it to myself and am still unsatisfied with the results.

You know me as a person who is intimately involved in the youthful field of wildlife rehabilitation. The sight and sound of a wild creature in distress is more than I can bear, and I must do what I can to help.

In most cases, I am talking about the deer that has been run down by a car, or the sea lion run over by a boat, or the baby bird that has tumbled in dizzy circles from its nest because of the cat that is climbing the tree after its mother.

These are man-caused problems—either directly or indirectly—and if man is the cause of the problem, then I strongly feel that man should also try to fix it.

Wildlife rehabilitation centers such as the one at the SPCA, and others across the country, keep careful records on the thousands of wild creatures they rescue and treat. Where they come from, cause of sickness or injury, etc. And we know that between 85 percent and 90 percent of the animals we see each year come in because of man.

I do not consider this to be "interfering" with nature. In fact, we now are so intimately involved with our environment, I wonder if we are not interfering just by living? But then, one could also say that we are simply just another part of the system, so how can we interfere? Needless to say, we could argue either point far into the nights of time.

Let us consider the California condor.

Why are we down to less than 30, or less than 20 (depending on who you talk to)? Is it because these great and ancient creatures, with all their stoic dignity, have decided they have reached the end of their time? Or is it because Man has encroached upon their environment, their range, their lands, so much so that there is no longer room for these solitary creatures to tolerate life?

It is a massive oversimplification to pick any single cause, I think, but if we were limited to only one, I would have to say the latter man-caused problem is the cause.

We have taken up the space they need to live.

You say we still have the albatross, and the great South American condors. True. But with the continued massive forest-clearing operations in South America (to turn the land into agricultural areas), how long before the same problem happens down there? And the oceans of the world are changing, and the islands where the albatross needs to breed and raise its chicks are tantalizing land-hungry men who also want to use them.

We have an Endangered Species Act in this country. (At least we are trying to keep one, in spite of Reagan and Watt.) And we try to protect animals that are in danger of extinction. Around this old world, many species become extinct each year, and in modern time these numbers have been accelerating higher and higher because of our greed.

So, I guess what I'm trying to say, is that Man should do everything he can to save ANY species from its final ends, because life is so inter-woven, so inter-related with each other living thing, that we might never know what long-term effects the loss of one simple, single-celled animal might have on the most complex creature of them all . . . ourselves.

In regards to the condor, I personally feel we have badly botched our present rescue attempts, but mistakes do not mean that the initial motive is wrong. Only the methods. Do not confuse sloppy and careless actions with great need.

One might pass from this life with his head held high, but there is even a greater dignity in life.

And thanks for helping me to answer my own question within myself.

SPEAKING OF GREAT NEED . . .

The Wildlife Rescue Center at the Monterey SPCA can use donations of the following to help them in their rescue and care of Monterey County's distressed wild critters:

Bath towels (for bedding) . . . hot water bottles (to warm little bottoms) . . . a large chest freezer (to store food) . . . a little red wagon (for hauling food and cleaning materials from cage to cage).

Just give the SPCA a call at 373-2631 and ask for "Wildlife." All donations are tax-deductible.

And for your kindness . . . may your yard always be full of wild birds and their songs.

If you have ANY animal problems—wild or domestic—or any questions about same. . . call the Monterey County SPCA at 373-2631. We'll do what we can to be of help. . .to you AND the animal.

The Rodeo Cowboy

In no other sport are the risks greater—and the security less—than in professional rodeo. Yet no athletes are more dedicated than the rodeo cowboy.

Perhaps the answer is that rodeo is more than a sport—it is also, and most importantly, perhaps, a way of life. It remains the only sport in the world to have developed from the skills required in a work situation. And yet, today, a rodeo cowboy may come from any background. It's just as likely that he's a teacher, businessman, fireman or salesman as it is that he comes from a ranch background. It's also quite possible that he earns his entire livelihood by competing in the sport on a full-time, year-round basis. The chances are excellent that he perfected his skills at rodeo schools rather than on the range.

Why does rodeo continue to attract talented young athletes in ever increasing numbers? It is certainly neither money nor fringe benefits nor security. Rodeo cowboys receive no salaries, no guarantees, no traveling nor expense allowances, no subsidies nor medical plans, no pension benefits, no retirement schemes, no coaches nor doctors nor equipment. Every rodeo cowboy must pay an entry fee, from his own pocket, at each rodeo in order to compete. The only payment he receives is what he can win in fierce arena competition, against rank animals and the scores and times of other contestants.

Yes, a cowboy can earn more in a few seconds than most people earn in a month—if he is talented and if he's lucky. But for each cowboy who wins, there are a hundred who do not. Each time a rodeo cowboy competes, he accepts the risks, both financial and physical, that have always been a part of the sport.

Is the strong attraction for rodeo and the complete dedication of its contestants rooted in the challenge to succeed, to be a winner, to be a champion, solely on one's own abilities? Probably. It's also the desire of the rodeo cowboy to achieve satisfaction and glory, regardless of the risks involved—on his own terms, as his own man.

These values have created the energies enabling PRCA rodeo not just to survive but to grow; to achieve multi-million dollar seasons, to attract national corporate support; to draw millions of spectators; to attain major league status.

And at the hart of it all is the rodeo cowboy—a unique athlete competing in a unique sport.

WHERE THERE'S SMOKE . . .

BY: Fire Dept. Staff

"Wake Up And Live" Smoke Detector Program

Every 45 seconds a fire breaks out in an American home. Annually, 12,000 people die and ten times that number are injured in these fires. The majority of these deaths and injuries occur late at night when residents are asleep and unaware of the buildup of heat and poison gases generated by fire. Fortunately, structure fires are rare in our Valley. When they do strike, we firefighters are witness to the tragic loss that could have been prevented by the simple addition of a smoke detector. We want to do all we can to prevent that loss. We want to see smoke detectors installed properly in every residence in our district.

In order to accomplish our goal, the Carmel Valley Fire Protection District is offering fire marshal approved smoke detectors at our cost. In addition, if desired, one of our firefighters will install the detectors in recommended locations in your home. There is no better insurance against fire loss than the $9.75 cost of these detectors. If you do not now have detectors, or would like an inspection of your smoke detection system, call us at 659-2021 or drop by the station at 26 Via Contenta between 8 a.m. and 5 p.m. daily. We welcome your support of this project.

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Do you have any Questions for any of our Columnists? Send them in and they'll be passed along.

The Carmel Valley Gardener

by Dr. Ernie Marshall*

"Talk of The Town"

As one drives into Carmel Valley you cannot fail to notice the tremendous change that has occurred in our Oak trees during the past month. Once beautiful and green trees have turned into giant skeletons reminiscent of winter. The leaves are gone and bare limbs stretch skyward as if reaching up for help from the Almighty. What is responsible for this dramatic change in such a short time?

Stop at any Valley restaurant, shop, or watering hole and what is the subject of conversation—worms-worms-worms. Yes, the "Talk of The Town" is the oak worm. They can be seen devouring the trees, filling the air with webs, and crawling everywhere. They have truly wrought havoc to our Carmel Valley oaks this year. Some say it is the most severe infestation of oak worms in fifty years. I can assure you that the worms are the worst I have seen in the ten years I have lived in the Valley.

Why are the worms so much worse this year?

In one of my previous articles I described the life history of the oak moth so I will not repeat it here. The current infestation is the second generation this year. The first generation in May-June was fairly heavy with lots of adults maturing to lay eggs. Environmental conditions were just right to encourage maximum egg laying. At the same time, natural egg predator levels were low because of the low infestation levels the last several years. This combination, plus favorable weather allowed for maximum larvae hatch with the resultant heavy worm infestation.

What will happen now? If history repeats itself and it usually does, the following scenario can be expected. The multitude of small oak worms now feeding will defoliate the trees they are feeding on before the worms mature. If they do not mature they will die of starvation and not be able to pupate and change into adult oak moths. What we are seeing now is literally billions of small immature worms spinning webs down from the trees in search of more leaves to feed on. Since they essentially eat only oak leaves they cannot survive on other vegetation and those that leave the oaks before they are mature will die. Some few will be able to mature and pupate this fall. They will overwinter as pupae and emerge as adults next spring to lay eggs for the 1983 May-June infestation.

At the same time, because there is a multitude of larvae available as hosts, parasites and natural predators are building up to high levels. The combination of heavy losses due to starvation, problems of winter survival and the presence of high populations of predators should take a heavy toll on the overwintering Oak Moth generation. The net result could be that next year there will be much less of a problem with Oak Moths. This is particularly true if late fall and early spring weather is not conducive to maximum pupation and egg laying.

The Deciduous Oaks—white, blue and black are the favorite food of the Oak Moths. They will however, feed heavily on live oak if Deciduous Oaks are not available or if they have already defoliated them. The Deciduous Oaks tend to lose their leaves more after they have been skeletonized by the worms than do the Live Oaks. Although not much information is available on the subject, it is believed that the worms do little permanent damage to the trees and that they will produce a new, normal growth of leaves next season.

An interesting issue is the value of the worm excrement (frass) as a fertilizer. The tons and tons of frass dropped from the worms is probably as effective as compost or animal manures on a pound for pound basis. So in essence, the worms are composting the oak leaves for us. Consequently, where this frass drops on the garden and lawn it has a definite nutritive effect.

So if you can tolerate the creepy-crawlys, your garden may get an extra benefit. But if you do not like creepy-crawlys or if you do not want your tree defoliated, what can you do to prevent the appearance of the worms?

For all practical purposes it is too late to do anything this year. To control this generation the trees should have been sprayed when the eggs were hatching or when the larvae were very small, this was around the first of August. For next year's infestation you should treat the first generation which feeds in May-June by spraying the oaks earlier in April-early May.

Several insecticides will do the job. Dipel, a non-chemical biological insecticide will give effective control if used early enough. Sevin is also very effective and works more rapidly then Dipel. In either case be sure and read the label carefully before using.

One of the major problems to be faced in controlling Oak Moth is proper application of the insecticide. To get good control the trees must be completely covered with the spray. This is very difficult with ordinary home-type sprayers when the trees are large. It is probably better (but much more costly) to hire a professional tree spraying firm.

So next spring remember—if you don't want Oak worms spray early before you see them. If you don't want to spray then sit back, watch them eat and think about what they are doing to fertilize your plants under the oaks.

POOL & SPA REPAIR & MAINTENANCE

by Locksin Thompson

Hydrotherapy

After the initial installation of a spa or hot tub and your friends have caused twice the laundry with the towels used, the hot water experience gets down to reality. How efficiently are you heating and operating the tub and how much **Hydrotherapy** do you receive?

People's needs are quite different in every tub which we have installed. Some want STRONG JETS, some want none and all the in between.

Some Generalities:

1. **Nerves and stress from work**— just the hot water, with medium jets high for neck and shoulders.
2. **Arthritis**— soft jets with room to exercise in the spa or tub.
3. **Physical daily workout e.g. tennis, jogging**— strong jets at different levels to hit ankles, knees, elbows.
4. **Bubbles from bottom (blower)**— not much therapy; it's relaxing and kids like it.
5. **We put in a spa for terminal patients**— gentle mini-jets from everywhere, lightly massaging the entire body.

These are a few. There are also swim jets, four jets in a square foot area, etc. Custom doesn't cost more. Find out what your needs are and take care of them.

Next time: Solar in conjunction with Warren Balfour. Don't miss this!

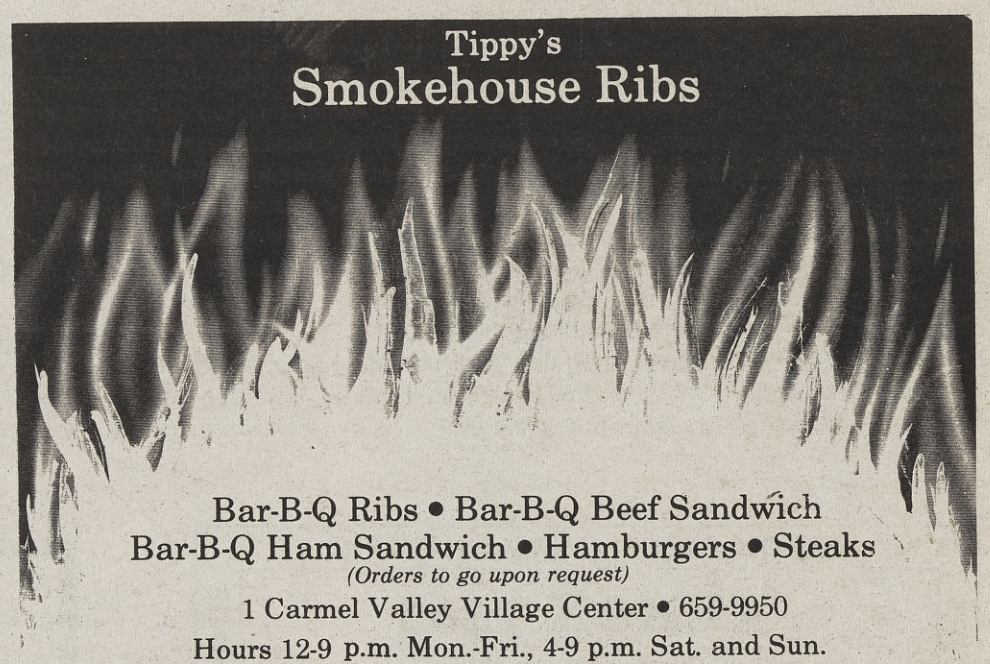
Question

Who in the valley can you call
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Answer

Jack Arnold Home Services 659-2198

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Place your ad in the Carmel Valley Sun

The Feminine Principle ...

by Grace Darcy

For the first time in this area, a celebration of the Rites of Passage for Women has taken place. The flyer announcing the celebration stated that this unique celebration of womanhood is designed for mothers and daughters; women at menopause and beyond, and all women who wish to acknowledge their femininity and experience the power of being a woman. Connie Eastman, with a background in anthropology and folklore, and Sandy Levey, both from the Bay Area, conducted the September 25th Celebration, and arrangements in this area were handled by Carmel Valley's Susan Block Farrington and Gale Feuer Barish.

The mysteries of womanhood have long been a matter of speculation by anthropologists, archeologists, historians, etc. It seems certain, for example, that before recorded history, there was a society that preceded the earliest historical societies. As Elizabeth Gould Davis points out in her remarkable book, **The First Sex** (Penguin Books, New York, 1971), "The thought kept intruding itself that modern man was a **repeater**—that every discovery he made and every invention he conceived had been discovered and invented before, in a forgotten past civilization of tens or even hundreds of thousands of years ago."

Merline Stone, in her book, **When God Was A Woman** (Harcourt, Brace, Jovanovich, New York, 1976) notes that "The archaeological artifacts suggest that in all the Neolithic and early Chalcolithic societies the Divine Ancestress, generally referred to by most writers as the Mother Goddess, was revered as the supreme deity."

If, in fact, the Great Goddess was our deity in ancient times, one wonders why this is not now the case. Davis explains, "The deterioration of the status of women went hand in hand with the Dark Ages that followed ... patriarchal revolution as it moved slowly westward from the Near East, reaching Western Europe only in the fifth century of our era. In Europe and the British Isles, the last remnant of the great world civilization, the Celts, maintained the tradition of female supremacy until the fall of Rome, when waves of Germanic barbarians sweeping down from the northeastern forests met the surge of Oriental Christianity as it spread upward from the Mediterranean. Between these two millstones of "masculism," the Celts were finally crushed ... Teutonic-Semitic patriarchy finally prevailed in Europe."

And so there seems to be a great deal of evidence that not only was planet Earth once ruled by matriarchal societies, but that the prime focus of worship, the Creator, was indeed perceived in its Feminine Aspect. Perhaps Celebrations, like the Rites of Passage for Women, will recall those times when the Goddess ruled in peace and justice, and perhaps we once again can restore to our world the feminine qualities of peace, nurturing, love and kindness to all of Earth's peoples. Will men accept this? Will they continue to pursue fruitless aggression, destructive war, strife, and all of the other life-negating elements that have been so much a part of life on earth over the past several millennium, or will they recognize the feminine within themselves, accept it, and allow Earth to peacefully prosper?

We can only hope that the men who run the world will reconsider the inevitable results of aggressive masculinity, will turn away from destruction and chaos, and restore the feminine side of their natures to the position of importance it once held.

The first general meeting of the Professional Women's Network took place on September 23rd at Sunset Center in Carmel. It was a good meeting, and indicative of the need for women to support each other in both their personal and working lives. Peninsula women are urged to support this new and important organization.

As this column is being written, the news of Grace Kelley's untimely and tragic death has just been released. The world has lost two of its most talented, gracious and beautiful women in the past week—Ingrid Bergman and Grace Kelly. We are the poorer for their passing. We rejoice at the recovery of Mary Martin and Janet Gaynor from the injuries they received in that terrible Labor Day accident in San Francisco.

Thanks to **Susan Farrington** and **Gale Feuer Barish** for bringing Rites of Passage for Women to the Peninsula . . . and to **Susan DuPree, Meigra Mixter, Candace Snow** and **Paula Wainwright** for bringing us the Professional Women's Network. Our thanks to **Eve Tartar Brown** for her continuing growth as a major artist . . . **Evelyn Nolt** for poetry that lightens our days . . . to **Debbie Saxton** for being president of the Carmel Valley Community Youth Center, a tremendous responsibility . . . to **Linda Ingram** for delighting and instructing the little people who attend the Community Chapel Christian Preschool . . . and to all the women in Carmel Valley who continue to be productive and nuturing, the goddesses of our beautiful valley . . . and our posthumous thanks to Bergman and Kelly who brightened our lives for decades; they will be missed.

Your input to The Feminine Principle is welcome. Write to me at Box 936, Carmel Valley, if you would like to share your thoughts with me.

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- Tired of traditional churches?
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Community Christian Church
Carmel Valley Community Center
Sunday, 10:30 a.m.
Archie Miller, Minister 372-9396

CARMEL VALLEY NATURAL FOOD NEWS

LIFE EXTENSION by Durk Pearson and Sandy Shaw is a fascinating new book which some of you may have already heard about. The book is a practical scientific approach to slowing down, and in some cases reversing the aging process. It's about adding years to your life and life to your years. The book is written for lay persons as well as for scientists and physicians and is creating a lot of excitement.

We are carrying several of the formulas that have been researched and reported in the **LIFE EXTENSION** book.

Blair will tell you about them here.

BETA-CAROTENE

Vitamin A is available in two forms. From liver or fish liver oil, it is called retinol or pre-formed A. It is called carotene or pro-Vitamin A if it comes from vegetables. The body converts Beta-carotene into vitamin A as needed. No vitamin A overdose can occur.

Beta-carotene is very effective anti-oxidant (preventing excessive oxidation that is toxic to the cells), a deactivator of free-radicals. It is also a treatment for photosensitivity, an anti-tumor agent and reduces the risk of developing lung cancer.

Na-PCA

Skin appearance can be improved by using Na-PCA, the sodium salt of pyrrolidone carboxylic acid, the principal natural moisturizer in your skin. The ability of skin to hold moisture is directly related to its Na-PCA content.

Na-PCA attracts water out of the air. Older people have about 50 percent less Na-PCA in their skin than young people. Bathing and swimming can lead to dry skin because your natural Na-PCA is leached out.

Na-PCA is non-oily and hypo-allergenic and can be applied to the face as well as other skin areas.

BHT

BHT is a powerful and effective anti-oxidant commonly used in foods. Recent studies indicate that BHT may lower cholesterol, decrease risk of certain cancers and inhibit herpes viruses. BHT crystals can be added to cooking oils and salad dressings to prevent the formation of carcinogens by free radical autoxidation (rancidity).

POLYSORBATE 80

Polysorbate 80 is a hair growth stimulating compound that has been reported by scientists to cause an average of 60% hair regrowth in just 6 months of daily use. It is reported to be more effective than hormone treatments and nutritional supplements in promoting hair regrowth without side effects.

VEGETABLE STROGANOFF

(sour cream-white sauce over vegetables and noodles)
6 servings
1 hour to prepare
I. The Sauce
3 cups sour cream
3 Tbs. dry, red wine
1/2 pound chopped mushrooms
1/4 tsp. dill weed
paprika
1 1/2 cups yogurt
1 cup chopped onion
3/4 tsp. salt
dahs of tamari sauce
pepper
2 Tbs. butter

Saute onions and mushrooms in butter until onions are soft. Combine all ingredients in the top of a double boiler and heat gently about 30 minutes

II. While the sauce simmers, steam 6 cups chopped, fresh vegetables. Highly recommended: Broccoli, Cauliflower, Carrots, Celery, Zucchini, Cabbage, Peppers, Cherry Tomatoes.

III. Cook 4 cups raw eggnoodles in boiling, salted water until tender. Drain and butter.

Assemble the Stroganoff on a platter and garnish with freshly minced scallions.

This recipe is from the Moosewood Cookbook.

TOFU WAFFLES WITH FRUIT

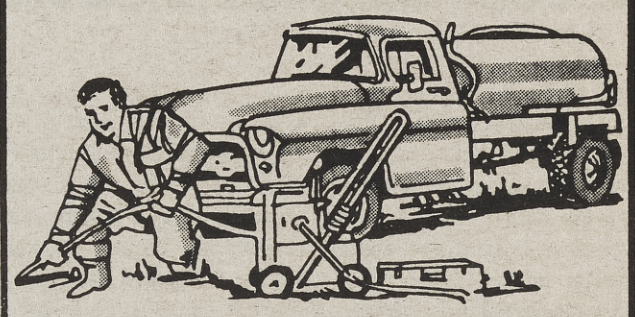
1 C. Soy flour, or whole wheat flour
1 pinch of nutmeg
1/2 lb. Tofu, mashed
2 tsp. honey
1/4 lb. butter or soy margarine, melted
Yogurt - plain or flavored
3 tsp. baking powder
3 eggs
8 oz. water
1 vanilla bean, fresh
Fresh fruit

Combine the dry ingredients in a bowl.

Blend eggs, tofu, water, honey, vanilla and butter until homogenous. Add the liquid to the dry ingredients and stir until well blended. Bake in a pre-heated waffle iron until golden brown.

Serve with fresh sliced fruits and yogurt and real maple syrup. 4 Waffles.

This recipe is from the Vegetarian Times magazine. It was created along with several other tofu recipes by a chef who works for the Hilton Hotel chain. It sure would be great to find gourmet tofu recipes on menus when traveling.

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Dear Editor
Thoughts after reading your paper

#1 Carmel Valley Chamber of Commerce advertising for "businessmen" (sp-paper) then you tell of all the "many women who are achieving in business in the valley." Why not advertise for people in business? Why the Men tags?

#2 Phyllis Shafly believes "ladies" belong in the home, yes. She believes "women" don't belong—period (in Feminine Principle). Phyllis Shafly was only used as a 'ploy' by big business—the Mormons, Catholics and Coors beer, plus the "biggie"—the insurance industry. The insurance industry has powerful lobbies in every state working to block any law or regulation that would ban sex discrimination in insurance—i.e. Florida's Senate Dean Dempsey Baron, whose law firm represents at least 16 insurance companies, has subverted every attempt to prohibit sex discrimination in auto insurance rates. While doing this he has led the State four times to defeat the E.R.A. The Farm Bureau, which owns dozens of insurance companies, has an official position of opposing the E.R.A. in Oklahoma, Illinois and Florida. (National N.O.W. times Aug. 82).

If any one is really interested in the E.R.A. and wants to learn the facts and get involved in the E.R.A. and Political Action Committee to elect people who represent equality—Monterey Peninsula's National Organization for Women meet the third Thursday of each month at 7:00 p.m. at the Monterey Library. Yes, Justice was denied. But we'll remember each November.

Fram Libby
Carmel Valley

(408) 625-2840
John F. Bennetts M.D.
Family Practice
American Academy of Family Practice
Mid-Valley Medical Building
27875 Berwick Dr.
Suite A
Carmel, CA 93923

Carmel Valley Community Chapel Christian Preschool — An Adventure For The Very Young . . . by Grace Darcy

The school term started on September 8. Compared to an elementary school, the enrollment is small—16 youngsters in all. The difference, of course, is the age group. The student body at the Carmel Valley Community Chapel Christian Preschool ranges in age from 2 1/2 to 5 years, and they attend school five mornings each week from 9 a.m. to 12 noon. They are a joyful, happy group.

Linda Ingram, the Director of the School, is a pleasant, fair haired young woman whose eyes express love for the children and for her work with them. Linda is all things at the school: teacher, auxiliary mother, counselor, musician, artist, comforter, and on and on. The children adore her, and obviously the feeling is mutual.

There is a happy mix of ages and sex, so that the little ones find a friend or friends whether girl or boy, small or not so small. The 16 children enjoy the art work, the games, and the learning . . . and Linda. Let me introduce them to you . . . there's Benjamin and Brandon, Rachel and Lindsay, Marielys and Becka, Andrew and David, Corey, Rebecca, Olmy, Sarah, Margit and Paul, and Alicia and Emily.

When this reporter visited the school, Linda, and her teacher assistant, Shirley Belisi, had just finished an art lesson. The children were asked to sit on the floor in a circle. Shirley went to the piano as Linda handed a hand instrument to each child . . . lots of shakers, some chimes, a tambourine, and two triangles. Shirley played a spiritual song called Praise God. The words called for the children to Praise God with whatever instrument they were holding . . . the children with shakers shook them enthusiastically when it was their turn to "praise," the tambourine player banged his instrument vigorously as he "praised," and the chime players and the triangle players did the same in turn. It was a happy, joyful sound, reminiscent of the Biblical report in I Chronicles 13:8, "And David and all Israel played before God with all their might, and with singing, and with harps, and with psalteries, and with timbrels, and with cymbals, and with trumpets."

After the musicians had laid aside their instruments, Linda sat with them in the circle and they went on a "bear hunt." Linda told the story and the children participated in the sounds (chest beating, knee beating, etc.). When they finally reached the "cave," Linda reached "in" and felt something furry (actually the heads of the children), and pretending fright, she cried, "It's the bear!" Following Linda's cue, sixteen very junior citizens responded with screams of mock terror as they pounded their chests imitative of fast retreat as the disturbed "bear" came forth from its "cave." The children's "fear" quickly dissipated into howling laughter and delicious delight as they rolled on the floor enjoying the game as only small children can.

Linda then told them a story:

A peanut sat on the railroad track
Its heart was all aflutter.
A choo choo train came down the track
Toot toot. Peanut butter.

More laughter . . . and then it was noontime, and mothers began to arrive and take their little ones home. There were many stories to tell Mom about the day's happenings. Little hands were placed in strong, loving hands as, one by one, the student body went home.

Linda Ingram believes in quality education. She teaches the children "one new word a week, a letter a week, and a number a week." Around the schoolroom are cut out figures of items that depict color. For example, there's a happy banana there dressed in its bright yellow suit. Underneath, in large letters, is the word "yellow." There is a brown bear, a white ghost, an orange pumpkin, a green tree, etc. The children learn colors easily this way, for they associate the color with something that is familiar to them.

Although the Preschool is physically located in the Community Church Chapel, it is non-denominational. Linda likes it that way. "Jesus loves little children," she explained. "I try to stress the spiritual, emotional, intellectual and physical wellbeing of each child."

Each day has its own theme. The day your reporter attended Preschool, the theme was "I'm me. I'm special." Around the schoolrooms, there are cut outs, pictures, reminders of God from both the Old and New Testaments of Scripture. Linda is particularly delighted with the large flannel boards the school has acquired. They are large pictures of various landscapes. Large cutouts of Biblical characters can be placed on the flannel boards so that the landscape becomes background to the Bible Story being discussed at the time. The cutout figures are large, and represent both New and Old Testament persons, so that Bible Stories become alive to the children, and what child does not love a story, particularly when the story can "move" with the narrative.

Linda is conscientious in her feelings of obligation to each of her charges. "I try to spend some time with each child every day," she states. The curriculum includes science, nursery rhymes, creative movement, alphabet, euphonics, writing skills, and health.

There are four staff members at the school, including two mothers of students who volunteer to serve for one week as needed by the School. The School is a non-profit venture.

Linda Ingram received her Masters degree in Education from the University of San Francisco. She currently is working on her Ph.D. from the School of Nutrition, Huntington Beach. She also is taking courses in early childhood education at Hartnell College. She has her teaching credentials for Community College level. Linda lives in Hitchcock Canyon with her husband, Jim, and their son, Brandon.

Shirley Belisi has her B.A. degree from North Texas State College.

It was great to go back to school, even for such a short time. The sixteen little ones who share Linda's and Shirley's gentle ministrations are fortunate indeed. School days never were as good as at the Chapel Christian Preschool!

CROSSWORD PUZZLE

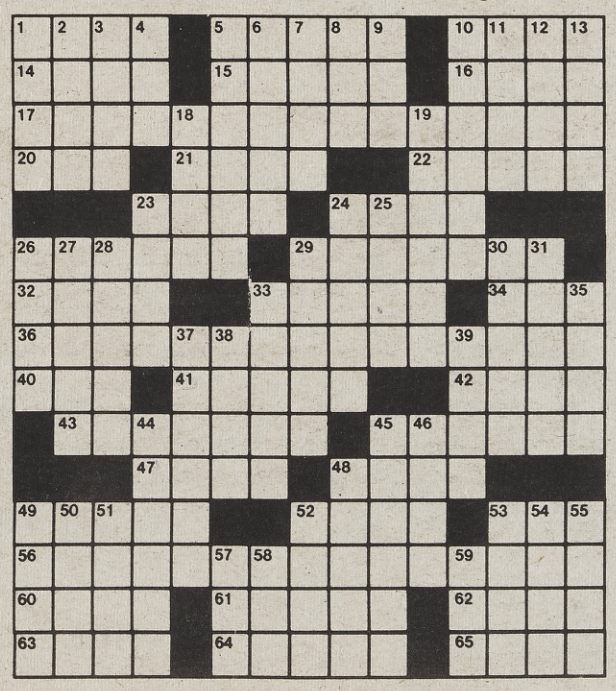
Edited by EUGENE T. MALESKA

ACROSS

1 Scrimp
5 Herring
10 Jardin publique
14 A neighbor of Saudi Arabia
15 Early Crawford, e.g.
16 Abbr. after a list of names
17 Football situation
20 Preside as judge
21 River through Florence
22 Ready for battle
23 Victim
24 —— in (collapse)
26 Ties
29 Forerunners
32 Aircraft acronym
33 She died at age 127
34 Greek letter
36 Endorse a proposal
40 New: Prefix
41 Regions
42 With, to François
43 Chow material
45 Ebb
47 Pennines, e.g.
48 Shipped
49 Ogle
52 Cigarfish
53 Beard org.
56 Cheap films
60 Bail
61 Reckon
62 Seventh-year problem
63 Had an i.o.u. out
64 Told stale jokes
65 Measure

DOWN

1 Type of shell or sell
2 Eastern V.I.P.
3 Diversify
4 Duo in "Manon"
5 Fifth wheels
6 Thought price
7 Co-author of "Hair"
8 Ape Garbo
9 Article
10 Stormy —— (sea bird)
11 Jot
12 Tantrum generator
13 Type of hopper
18 Loose lass
19 Type of blanket
23 Marco ——
24 Sister of Jupiter
25 Ancient Syria
26 Org.
27 Beast with much "at steak"
28 Hot winter drink
29 Sunken fences
30 Riverside is one
31 Fitted a filly with footwear
33 Guns for Mr. Atkins
35 Twice halved
37 Nabbed off base
38 Dew —— Inn
39 Sensitivity
44 Did some road work
45 Pressed the juice out
46 Within: Comb. form
48 Act fraction
49 French town
50 Melt
51 Helper
52 Mix
53 Fall for a ruse
54 Clan's cousin
55 Tennis V.I.P.
57 Emulate Sutton
58 G.I. address
59 Vigor



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Masonic Temple
Pacific Grove

Carmel Rancho Lions Club
Service organization
First and Third Wed., 8 a.m.
Rio Rd., Holiday Inn

Carmel River Watch
River management and restoration
Octt. 7, 7:30 p.m.
Baptist Church
Schulte and Carmel Valley Rds.

C.V. Chamber of Commerce
Service organization for business
general meetings vary
call 659-4000 or 625-1200
for meeting dates, place and time.

C.V. Community Chapel
Sunday Service 11 a.m.
Sunday School & Nursery available
Village Dr. & Paso Hondo
Bible Studies
Thurs., 10 a.m. .m.
15 Flight Rd.

C.V. Community Board of Directors
Service organization
Oct. 27 7:30 p.m.
Community Center

C.V. Garden Club
Service organization
Oct. 14, 8 p.m.
Hidden Valley Music Seminars

C.V. Kiwanis
Service organization
Tuesdays, 12 noon
Hidden Valley Music Seminars

C.V. Native Plant Society
Third Tues., 7:30 p.m.
Carmel High School

C.V.P.O.A.
Representing property owners in planning and development matters.
Second Wed., 7:30 p.m.
Mid Valley Fire Station

C.V. Womens Club
Service organization
First Wed., 12 noon
meeting place varies.

C.V. Village Improvement Committee
Professionals concerned with Village beautification and security.
Second Friday, 12 noon
Los Laureles Lodge
No host luncheons

Friends of C.V. Library
Service organization
First Tuesday of Month 7:30 p.m.
At the library

County Board of Supervisors
Tuesdays, 10 a.m.
Supervisors Chambers, Salinas

National Organization for Women
Third Thursday, 7:00 p.m.
Monterey Library

Professional Women's Network
Service organization

Tularcitos Parents Club
Service organization
Third Thursday of month, 7:30 p.m.
Tularcitos School Room 9

FOR YOUR ENJOYMENT

Bingo
Every Thursday, 7:30 p.m.
Community Center

Rodeo Queen Contest
Personality and Appearance Phase
Sept. 30, 8 p.m.
Hidden Valley Music Seminars

Rodeo Events
Oct. 2
Pancake Breakfast 7 - 10 a.m.
Team penning 8 a.m.
Queen Horsemanship 12 Noon
Mock Calf Branding 1 p.m.
Dance/Barbecue 6 p.m.
Oct. 3
PRCA Rodeo 12 Noon
Carmel Valley Trail and Saddle Club
Garzas Rd.

River Walks
Boronda Bridge to Robles Bridge
Oct. 10 9 a.m.
(8:45 at Rosies Cracker Barrel for Shuttle)
San Carlos Bridge to Valley Greens
Oct. 24 9 a.m.
(8:45 at Valley Hills Center for Shuttle)

Regional Park District
10th Anniversary
Oct. 16, 3 - 4 p.m.
1 p.m. for hike
Garland Ranch Regional Park

Halloween Party
Oct. 29, 2 - 4 p.m.
Community Center

ANSWER TO PUZZLE

S	A	V	E		S	P	R	A	T		P	A	R	C
O	M	A	N		P	E	A	C	H		E	T	A	L
F	I	R	S	T	A	N	D	T	E	N	T	O	G	O
T	R	Y		A	R	N	O			A	R	M	E	D
			P	R	E	Y		C	A	V	E			
A	S	C	O	T	S		H	E	R	A	L	D	S	
S	T	O	L			S	A	R	A	H		R	H	O
S	E	C	O	N	D	T	H	E	M	O	T	I	O	N
N	E	O		A	R	E	A	S			A	V	E	C
	R	A	T	I	O	N	S		R	E	C	E	D	E
		A	L	P	S		S	E	N	T				
S	T	A	R	E			S	C	A	D		B	S	A
T	H	I	R	D	R	A	T	E	M	O	V	I	E	S
L	A	D	E		O	P	I	N	E		I	T	C	H
O	W	E	D		B	O	R	E	D		M	E	T	E

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